



Visit Our Website at www.gobroomecounty.com/senior

Donna Lupardo and Jason Garnar Recognize National Service Volunteers



Front row, left to right: Gail Stanley (FGP), Donna Oliver (FGP), Nancy McDonald (FGP), Youjung Lee (FGP Advisory Council), Chris Whalen (NY Assembly Office).
Back row: Vince Fox (FGP Director), Bob McDonald (FGP), Jason Garnar (County Executive).

On April 5th, New York State Assemblywoman Donna Lupardo, represented by Chris Whalen, and Broome County Executive Jason Garnar recognized more than 400 Senior Corps volunteers in Broome County who dedicate their time and skills to serving our community. The Foster Grandparent Program (FGP) volunteers assist children who need extra help to succeed in the classroom. The Senior Companion Program volunteers assist adults with developmental disabilities who have difficulty with daily living tasks. The RSVP (Retired & Senior Volunteer Program) matches older adult volunteers who want to make a difference with local organizations striving to meet community needs.

“National service is a vital resource for Broome County,” said Garnar. “Senior Corps volunteers make our counties better places to live. As County Executive, I am grateful for the dedication and sacrifice of these exceptional citizens who are helping make Broome County stronger through community service and volunteering.”

“Whether they’re devoting time in classrooms as Foster Grandparents, or helping adults with developmental disabilities, Senior Corps volunteers give back without ever expecting anything in return” added Assembly woman Donna Lupardo. “I’m glad we’re able to provide this ‘thank you’ for their tireless efforts to our community.”

To acknowledge the contributions of all the volunteers, Jason Garnar and Chris Whalen proclaimed the day as “National Service Recognition Day.” They encouraged residents to recognize the positive impact of national service in our community, to thank those who serve, and to find ways to give back to their communities.

ENTER OUR
JINGLE
CONTEST

ARE YOU A MUSIC LOVER?
DO YOU HAVE A WAY WITH WORDS & TUNES?

Everyone has had a jingle stuck in their head before. “The Best Part of Waking Up...”

The Broome County Office for Aging needs your talents to create a catchy jingle which will be pleasantly remembered by all who hear it. Ideally, the jingle would include both a simple tune and words with our name (Office for Aging) and local phone number (778-2411) in it.

To enter, submit a short video or audio of your jingle as an attachment to ofa@co.broome.ny.us or send it as a Facebook message to the Broome County Office for Aging’s Facebook page with “Jingle Contest” in the subject line. The body of the message should include your contact information (name, address, phone number).

We welcome solo submissions, friends working together, or even a group effort.

We can’t wait to hear what you come up with!

Office for Aging Is Coming Your Way

The Broome County Office for Aging is on the move, bringing our services to you. We know it’s sometimes hard to get to us, so we are coming out to Broome West Senior Center and Johnson City Senior Center. We will have an Office for Aging Caseworker available to answer your questions and help you with available programs and services. Please sign up at Broome West or Johnson City Senior Center.

Visit us at our “Satellite Office” on the following days:

May 6, 2019 10:00 AM – 12:00 PM
Broome West Senior Center, 2801 Wayne Street, Endwell, NY 13760

May 8, 2019 12:30 PM – 2:30 PM
Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

Broome County
Office for Aging

From the Director By Lisa Schuhle

May is National Older Americans Month and what a great way to celebrate Spring! Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

The Office for Aging has a variety of events planned during the month. A key to healthy aging is staying active and socially engaged. Our “Be Our Guest” senior center promotion continues in May. Learn how you can “Connect, Create, Contribute” at your local senior center by contacting one of the eight participating locations listed on the back pages of this issue. Your first visit will include a senior center tour and a delicious, healthy lunch on us. If you have never been to a senior center, this is the month to check it out.

You can learn about the many ways to get involved in the “Look What’s Happening at the Centers” section of this *Senior News* along with other community events happening this month.

Hope you will join us in celebrating Older Americans Month!

**OLDER
AMERICANS
MONTH**



CONNECT, CREATE, CONTRIBUTE MAY 2019

Easy Tips & Tricks for Increasing the Nutrients You Absorb from Food!

The amount of each nutrient we absorb from our diet, such as the amount of Vitamin D or Iron, varies depending on several factors. As we age, we become less efficient at absorbing nutrients from our food. Prescription drugs can interfere with this as well, such as the effect that acid-reducing drugs have on Vitamin B12 absorption. Alcohol and caffeine both increase the number of nutrients we excrete in our urine. Stress also affects our bodies' ability to digest and absorb those much-needed nutrients. Follow some simple tips below for increasing the nutrients you absorb from food!

Vitamins A, D, E, K - These are fat-soluble, which means adding fats to foods containing these nutrients increases their absorption!

- Add healthy fats, such as olive oil, nuts & seeds, avocados, or coconut oil to the following foods: Eggs and Mushrooms to increase Vitamin D; Carrots and Sweet Potatoes to increase Vitamin A; Kale, Broccoli, Asparagus, and Spinach to increase both Vitamin E & K.

Iron and Zinc: Iron from vegetables isn't as easily absorbed in the body as Iron from meat is.

- Add foods high in Vitamin C to plant sources of Iron (such as whole grains and vegetables). For example, a spinach and strawberry salad, or lemon juice squeezed over leafy greens such as spinach or kale. Add orange slices as a side to your whole grains.
- Garlic and onions help to increase Iron and Zinc absorption. Add these when cooking whole grains such as brown rice and quinoa. It's also beneficial when cooking liver, beef, turkey, or oysters!

Additional tips:

- Cook tomatoes and add a healthy fat such as olive oil to increase Lycopene, which helps prevent heart disease and prostate cancer.
- Add lemon to your green tea. Vitamin C from the lemon increases the absorption of antioxidants in the green tea.
- Combine Turmeric with Black Pepper to increase the Curcumin in Turmeric which has anti-inflammatory, antioxidant, and anti-carcinogenic properties!

Community Choice Aggregation (CCA)

Join us Wednesday May 8th from 11am to noon at the Broome West Senior Center to learn about Community Choice Aggregation (CCA), a new electricity Program for residents and small businesses in the Towns of Union and Dickinson. Bring your questions, and if you'd like, bring your electricity bill.

The Town of Union, outside of the Villages of Endicott and Johnson City, and the Town of Dickinson, outside of the Village of Port Dickinson, will be offering competitive and stable electricity rates through the CCA Program. The Program will begin in July and run for 24 months, with the Town of Union offering 100% renewable electricity at a fully fixed price of \$0.0542 and the Town of Dickinson offering a traditional grid mix at a fully fixed price of \$0.05092/kWh. Renewable electricity is also available.

Your electric bill has two main sections: delivery and supply. With the CCA, you will still pay the delivery portion of your bill to NYSEG. With the Towns' CCA Program, we replace NYSEG as the default electric supplier. The CCA Program is all about choice, and you have the opportunity not to participate. The Towns can offer this opportunity through a partnership with MEGA, the Municipal Electric and Gas Alliance, and 18 other Cities, Towns and Villages in our region. Questions can be directed to 518-533-5399 or megaCCAteam@energynext.com.

Like Us! Follow Us!

Don't miss out on any Office for Aging events & news!



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Follow us on Twitter:
[https://
twitter.com/BroomeCountyOFA](https://twitter.com/BroomeCountyOFA)

There is still time to...

BE OUR GUEST

You Are Cordially Invited

WHO: Anyone Not a Current "Regular" at a Sr. Center Age 60+ and Spouses of Any Age

WHAT: Senior Center Tour and Complimentary Lunch

WHERE: Any of the Eight Broome County Sr. Centers

WHEN: Weekdays in April and May

RSVP: Call One of the Numbers Below Before Noon on the Day Before You Plan to Visit

GOODIE BAG: Two Meal Tickets to Use on Another Day

Michelle at Broome West Senior Center
(Endwell): 785-3427

Susan at Deposit Senior Center: 467-3953

Marcie at Eastern Broome Senior Center
(Harpursville): 693-2069

Jessica or Liz at First Ward Senior Center
(Binghamton): 729-6214

Kim at Johnson City Senior Center: 797-3145

Barbara at North Shore Towers Community Center
(Binghamton): 772-6214

Desirae at Northern Broome Senior Center
(Whitney Point): 692-3405

Jennifer at Vestal Senior Center: 754-9596

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75 Pennsylvania Avenue Binghamton **NYSVC.COM**

Caregiver Corner

... ideas and information for people caring for others.

Caregiver Event

If Only I Could Get a Good Night's Sleep!

Date: Thursday, May 16
Time: 2:00 PM – 3:30 PM
Place: Community Room, Lourdes Vestal Youth Services Center for Oral Health
219 Front Street, Binghamton
Presenter: Tracy Jewett, Registered Polysomnographic Technologist, Lourdes Sleep Lab

Tracy will provide tips on how to get a better night's sleep. He will also discuss various types of sleep disorders and how to manage symptoms.

Call Caregiver Services to register at (607) 778-2411.

PLEASE NOTE: Park away from the building as parking next to the door is reserved for dental clinic patients only.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

Call Caregiver Services at 778-2411 with any questions.

Place: **Stay Healthy Center**
Oakdale Mall, Johnson City
Date: Monday, May 6
Time: 1:00 – 2:30 PM

Place: **Broome West Senior Ctr**
2801 Wayne Street, Endwell
Date: Wednesday, May 15
Time: 9:30 – 11:00 AM



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Scam of the Month

Contractor Scams

With the weather getting warmer, it is a good time to think about protecting yourself from contractor scams. When hiring a contractor, ask for references or ask for recommendations from friends and relatives. When using a contractor, a few red flags are: all-cash deals, high upfront payments, verbal agreements, extremely low bids, when the business has no permanent address, and when the business cannot provide a current certificate of insurance. Be sure to get a written contract, especially for large jobs. As with other things in life, if it sounds too good to be true, it just might be.

If you would like more information about scams or to report a scam, please call the Office for Aging at 607-778-2411.

Broome County declares a State of Emergency due to the increase of fatal overdose deaths believed to be caused by Fentanyl. We want to remind community members to:

1. Visit their local pharmacy and use the Naloxone Co-payment Assistance Program (N-CAP); no prior prescription from a medical provider is needed. Call your pharmacy ahead to ensure availability.
2. Walk-in hours are also available at Addiction Center of Broome County (ACBC) 607-723-7308, Helio Health 607-296-3072, Southern Tier AIDS Program (STAP) 607-798-1706 and Truth Pharm 607-348-3302 for a Narcan kit and education. Please contact those agencies for hours and availability.
3. As always, we encourage those with substance use disorders to not use alone, and to have a Narcan kit available. If you are on the site of an overdose, call 911.

Engage in Lifelong Learning

Older adults in Broome County can continue learning with these great programs.

Lyceum

Lyceum is a Lifelong-Learning Institute (LLI) for adult learners over 50 years of age. Affiliated with Binghamton University and Road Scholar, there are over 600 local community members. Lyceum offers students an opportunity to learn from and among peers. Classes are held during the day, evening or occasional weekends, and typically run for a maximum of four weeks. Some courses are designed for listeners, while the majority allow for and encourage discussion and participation. In addition to classes, Lyceum offers day trips and ethnic dinners that provide opportunities to socialize and sample foods from other countries and cultures.

Upcoming Free Lyceum event: WSKG studio is the location for this year's Lyceum Mall Lecture. Guest Speaker Douglas Ambrose will deliver "The Old Story: Alexander Hamilton Demagogues and Republican Government." Douglas Ambrose is the Carolyn C. and David M. Ellis '38 Distinguished Teaching Professor of History at Hamilton College. He holds a Ph.D. in History from Binghamton University. His lecture is drawn from the book he recently completed on the Aaron Burr-Alexander Hamilton correspondence that is housed in the Fenimore Museum in Cooperstown, New York. The lecture will take place at 2 pm on May 14 and is open to the public. Register with the Lyceum office at 607-777-2587.

New members are always welcome!

Lyceum courses are held at WSKG Studios, 601 Gates Road in Vestal. Email Lyceum at Lyceum@binghamton.edu, call 607-777-2587, or visit <https://www.binghamton.edu/tlel/community/lyceum/index.html>.

Continued on Page 9



North Fenton Seniors Club

Contact: Ruth, 648-8425

June 12

Lake George Luncheon

August 21

Resorts World Catskills Casino
Monticello, NY

Vestal Seniors Club

Contact: Mary Ann, 625-3571

May 20

Fly Creek and Erie Canal Cruise

Johnson City Senior Center

Contact: Kim, 797-3145

June 11

Grease at Merry-Go-Round Playhouse
Auburn, NY

July 20

Nighttime Dinner Cruise
Skaneateles, NY

Eastern Broome Senior Center

Contact: Arlene, 759-6306

June 24

Grease at Merry-Go-Round Playhouse
Auburn, NY

August 22

Hudson River Cruise

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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness.

Tuesday	10:30 am	Johnson City Senior Center - \$3 charge
Thursday	9:30 am	Broome West Senior Center - \$3 charge
Thursday	10:30 am	Johnson City Senior Center - \$3 charge
Thursday	1:00 pm	Johnson City Senior Center - \$3 charge
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center - \$3 charge

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	9:15 am	Vestal Senior Center
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Sr Ctr (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Strength and Balance Class

Tuesday	1:30 pm	Johnson City Senior Center - \$5 charge
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**Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11*

Exercise Equipment Available Daily at the following Senior Centers:
Broome West Senior Center • Northern Broome Senior Center
First Ward Senior Center • Johnson City Senior Center

Find Inspiration, Develop a New Talent, and Tickle Your Creative Bone at a Senior Center

In honor of the “Connect, Create, Contribute” theme of Older Americans Month, below is a selection of some of the many opportunities to be creative at Broome County Senior Centers.

Broome West: quilting, craft class, and adult coloring
Deposit: Craft making and puzzle board
Eastern Broome: Woodworking, stitching, and acrylic painting
First Ward: Ceramics, sewing, and knitting
Johnson City: Poetry, writers workshop, and watercolor or oil painting
Northern Broome: Knitting, crafts, adult coloring class
North Shore: Seasonal crafts
Vestal: Oil painting, crochet, knitting



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EVENTS at the CENTERS

Spring Fling Day
Friday, May 17, beginning at 10 am
Northern Broome Senior Center
Celebrate the season with a boxed lunch, dessert at our ice cream stand & springtime activities!

“Let’s Visit Mannheim, Germany” Presentation
Wednesday, May 22, 10 am
Vestal Senior Center
Take a tour abroad with this photo presentation by Bruce Ressler.

Evening Dining w/Music by Rich Wilson
Wednesday, May 8, 5 pm
First Ward Senior Center
Includes choice of halupki or kielbasa, plus pierogies and green beans on the side and a black forest parfait for dessert!


Cold Plate Lunch Special
Thursday, May 16, 11am-12:30pm
North Shore Towers Center
Enjoy a chicken salad cold plate with a strawberry parfait for dessert!

Memorial Day Barbeque
Friday, May 24, 12 pm
Broome West Senior Center
Join us for grilled hotdogs and hamburgers, plus delicious sides and dessert!

Book Club
Wednesday, May 15, 3 pm
Johnson City Senior Center
Review *The Guernsey Literary and Potato Peel Pie Society* by M. Shaffer & A. Barrows.

Susquehanna Trail Historical Tour
Saturday, May 18, 1-5 pm
Eastern Broome Senior Center
Gather at Eastern Broome Sr. Center at 12:30.
Limited seating available.
Call 693-2069 by 5/10 to reserve.

Evening Dining & 42nd Anniversary w/Open House
Thursday, May 16, 4:30 pm
Deposit Senior Center
Celebrate our 42nd Anniversary! Enjoy a delicious meal with music by Orange Blossom Special.



Meals on Wheels Thanks UHS Staff

UHS employees held a special donation drive this past winter to help support the Meals on Wheels Program in Broome County.

Thank you for generously supporting this wonderful program and helping us to assist more seniors!

EATING WELL EVERY DAY
RECIPE CONTEST WINNER

As part of National Nutrition Month, which is celebrated during the month of March, the Office for Aging asked you to submit your favorite healthy and delicious recipes for our recipe contest. Below is the winning recipe which was selected by the Office for Aging’s nutrition counselor, registered dietitian Donna Bates. Donna prepared this recipe and determined, among those submitted, that along with great taste this recipe best incorporates items from a variety of food groups and demonstrates healthy modifications. Thank you to all those who submitted recipes! Happy Cooking!

Spring Cherry Blossom Breakfast Smoothie
Submitted by Kristine Foster

- 1 cup frozen dark cherries in a blender
- 8 ounces almond or coconut milk to almost cover the top of the cherries in your blender (Use the one that has 40 calories per serving)
- 2 ounces very firm tofu OR if you prefer 2 ounces of cream cheese
- 2 Tbsp heavy whipping cream
- 1 single serving package stevia
- 2 Tbsp dark cocoa powder
- 1 tsp rum extract

Blend until smooth, pour into a glass and serve!



Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

	7		3				4	1
	1			2	5	3		
3	6		4			5		
		5			4	1		7
		8	1	5				
7		1					3	
	2	7				6		
			2					3
				1			8	4

Answers on Page 8

“The journey of a thousand miles begins with one step.”

Lao Tzu

Many Thanks from the March for Meals Campaign!

Broome County participated in the National March for Meals campaign throughout the month of March. The Broome County Office for Aging partnered with Meals on Wheels of Western Broome in asking the community for support by volunteering to deliver meals or by making a monetary contribution. We wish to thank all the local celebrities, dignitaries, and community members who made donations and volunteered to deliver meals.

We also thank all participating local businesses who joined this effort by collecting donations through the “Fill Our Plate for Meals on Wheels” program. While you were out dining at your favorite coffee shop or restaurant in the month of March, you may have seen “Fill Our Plate” donation cards on display. A special round of applause is extended to Jane’s Diner on Conklin Avenue in Binghamton for bringing in the most “Fill our Plate” donations, totaling nearly \$500.00!

To find out more about how you can support local Meals on Wheels programs by volunteering your time or donating, contact the Office for Aging at 778-2411.



Pictured above, many “Fill Our Plate for Meals on Wheels” donation cards hang on display at Jane’s Diner on Conklin Ave. in Binghamton.



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Julie S. Binghamton



Before **After**

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Save the Date!

SENIOR PICNIC AND FUN FEST

The Broome County Office for Aging invites you to attend the 2019 Senior Picnic & Fun Fest at the SUNY Broome campus on Front Street in Binghamton on Wednesday, June 19 from 10 am – 2 pm. In addition to a delicious lunch, enjoy live music, cooking demonstrations, raffles, bingo, a vendor fair, presentations, and more!

Tickets are available on May 24th at senior centers and through the Office for Aging.

Please see the June issue of the Senior News for the full Senior Picnic schedule and other details of the event. Contact Rita at the Broome County Office for Aging at 778-2411 for additional information.

The Best-Looking Plate Challenge took place from March 25th-29th. The Administration for Community Living (ACL) encouraged all community meal sites to share their best photos for a chance to be re-tweeted on the ACL's twitter page in honor of National Nutrition Month.



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Alphonse Karr



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Get Outside with Senior Hiking

Join the Triple Cities Hiking Club on alternate Wednesdays at 10am for a Hiking-Lite hike at Jones Park in Vestal or participate in the "Hiking with the Dinosaurs" hikes on the dates below.

Schedule for May & June 2019:

May 8 – Hike at Finch Hollow Nature Center in Johnson City. Meet at 10am at Finch Hollow followed by lunch at Johnson City Senior Center. Call 797-1149 for reservations.

May 22 – Hike at Aqua Terra Park in Binghamton. Meet at 10am at the park followed by lunch at Vestal Senior Center. Call 754-9596 for reservations.

June 12 – Hike at Spring Forest Cemetery in Binghamton. Meet at 10am at the Cemetery followed by lunch at North Shore Towers Senior Center. Call 772-6214 for reservations.

June 26 – Hike at Chugnut Trail in Endicott. Meet at Roosevelt St. parking lot at 10am followed by lunch at Broome West Senior Center. Call 785-1777 for reservations.

Be sure to dress appropriately for the weather and remember to **tick-proof** yourself. Make a reservation for lunch by noon on the day before the hike.

Simplify Life? Really?

The simple life happens once you trade *Stuff* for *Experiences*. The first step is to assess what is meaningful to you (fill in the blank here for what *you* want out of life). While this self-assessment is not easy, defining your priorities will allow you to relax and enjoy life more. Hear how a young couple has achieved such success by embracing a "simple" life.

Learn more on Tuesday, May 14 at 3 pm at the monthly Downsize and Declutter Discussion at Broome West Senior Center, 2801 Wayne St., Endwell. Registration is not required. Call Michele at 785-3427 with any questions.

Barbecue Chicken Luncheon

Wednesday, May 22nd at participating senior centers
Lunch is served around Noon

Warm weather has arrived, and all our summertime favorites are on the way! Enjoy the flavors of the season with a tasty meal, including rotisserie baked chicken, red potato salad, baked beans and strawberry shortcake for dessert.

Lunch is a suggested contribution of \$4.25 for people age 60+ and their spouse of any age, and a charge of \$5.25 for those under age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

See the back pages of this issue for participating senior centers. Call the center of your choice to make your meal reservations by 12 noon the day prior.

"My mother used to say, "The older you get, the better you get...unless you're a banana."

Betty White

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May is National Stroke Awareness Month

The National Institute of Neurological Disorders and Stroke developed the *Know Stroke* campaign to help educate the public about the symptoms of stroke and the importance of getting to the hospital quickly if you notice any of these signs.

Stroke strikes fast, you should too!



SUDDEN TROUBLE
SPEAKING



SUDDEN TROUBLE
SEEING



SUDDEN TROUBLE
WALKING



SUDDEN ONE-SIDED
WEAKNESS



SUDDEN SEVERE
HEADACHE

For more information, go to <https://www.ninds.nih.gov/News-Events/Events-Proceedings/Events/Stroke-Awareness-Month>

No Stress Snacks

Let’s face it, snacking is a part of life for most Americans. While watching a movie or favorite sports team, while reading the paper or while socializing, snacks are part of life. There are snack choices which will not add to your waistline, keep you feeling full, and not lead to guilt later.

- Grab a bowl of grapes or try sliced strawberries with powdered sugar on top
- Air-popped popcorn with a sprinkling of spices like paprika or chili powder and grated low-fat cheese
- Enjoy a handful of nuts (be careful of pre-mixed packages with added oil and sugar)
- Munch on baby carrots dipped in blue cheese dressing
- Try a low-fat mozzarella or cheddar cheese stick with a handful of whole wheat crackers



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National Twilight Zone Day is May 11

You are about to enter another dimension, a dimension not only of sight and sound but of mind. A journey into a wondrous land of imagination. Next stop, the Twilight Zone!

Rod Serling, creator of *The Twilight Zone* original television series, spent much of his childhood in Binghamton. His cult classic television show first appeared in 1959. Episodes were in various genres such as mystery, suspense, science fiction, and fantasy. Each episode stood on its own and provided social commentary in a strange and surreal way, often with a moral and an unexpected twist.

Episodes of *The Twilight Zone* can be streamed online or checked out on DVD from Broome County libraries. Consider watching the popular episode 5, “Walking Distance,” which is said to be inspired by Recreation Park in Binghamton and features a carousel and bandstand. Themes of nostalgia, the relentless pressures of the business world, and the disillusionments of being an adult are explored.

Sudoku Answers

5	7	2	3	6	8	9	4	1
8	1	4	9	2	5	3	7	6
3	6	9	4	7	1	5	2	8
2	9	5	8	3	4	1	6	7
6	3	8	1	5	7	4	9	2
7	4	1	6	9	2	8	3	5
4	2	7	5	8	3	6	1	9
1	8	6	2	4	9	7	5	3
9	5	3	7	1	6	2	8	4

The Broome County Home Repair Service
Home Repairs for Senior Citizens
A Non-profit public service operated by
First Ward Action Council, Inc.
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Serving the Elderly through Project Planning



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Engage in Lifelong Learning

continued from page 3

Older Adult Audit Program

New York state permits residents 60 years and older to audit credit-bearing classes at state-affiliated campuses – free of charge on a space-available basis. Auditors attend and participate in classes, but there is no homework or exams, no college credit, nor are any formal records kept of involvement.

Participants identify courses of interest and contact the school to determine if there are openings. There are some limitations and excluded courses.

Binghamton University:

call 777-2000 or visit

<https://www.binghamton.edu/harpur/advising/non-degree/older-adult.html>

SUNY Broome Community College: call 778-5527 or visit

<http://www.sunybroome.edu/web/www/continuing-education>

Best Bets for Breakfast and Brunch

Monday	Tuesday	Thursday
Broome West 10:30 am – 12:30 pm	Eastern Broome 8:00 – 9:30am	Eastern Broome Golden Griddle Brunch 10:30 am – 12:00pm
First Ward 10:30 am – 12:30 pm	Johnson City 10:30 am – 12:30 pm	Northern Broome 10:00am – 12:30 pm

Walk-ins

Welcome



Enjoy made-to-order pancakes, waffles, French toast, omelets. Call center for exact menu and additional details.

Broome County

Office for Aging



607-778-2411

www.gobroomecounty.com/senior

Household Helpers for Spring Cleaning The 2019 Old Farmer's Almanac

- To clean copper-bottom pots, use ketchup.
- To remove mud or soot from a rug, sprinkle the stained area with salt. Allow the salt to dry or settle before vacuuming.
- To clear a clogged drain, pour ½ cup salt, ½ cup baking soda, and ¼ cup vinegar down the drain. Close or plug until the fizzing stops, then flush with boiling water.
- To make a microwave oven smell fresh, fill a microwavable cup with water and mix 1 tablespoon of lemon juice. Heat the water at full power for 1 minute.

For more useful tips, historical information, and gardening wisdom, go to www.almanac.com

*Reprinted with permission from The 2019 Old Farmer's Almanac

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independently?**

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Save the Date for

Prom



**Come for an evening of Drinks,
Dancing, and Dessert!**

Friday, May 31st from 6-9pm
First Ward Senior Center
will be hosting its first ever Prom!

Swing to the sounds of the
Blue Velvet Big Band

\$10 in advance

\$12 at the door

(Call First Ward at 797-2307 for more details.)

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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon call 785-1777
Breakfast for Lunch: Mon 10:30am - 12:30pm
Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4
Daily: Wii, Cards, Billiards, Shuffleboard
M: Bingo 9:30 am, Quilting 9 am-12 pm;
T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;
W: Bingo 9:30 am; Scrabble 12:30 pm;
Floor Shuffleboard 12:45 pm
Th: Social Connections 1-2:30 pm
F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

- 5/3,10 Binghamton University Nursing Students Visit, 9 am–1 pm
- 5/6 Office for Aging Satellite Office Day (*please sign up*), 10 am–12 pm
- 5/7 Legal Aid (*please call for appt.*), 9 am–11:30 am
- 5/8 Community Choice Aggregation (CCA) Electricity Services Presentation, 11 am
- 5/10 Musical Entertainment by Vocalist Nino Semiani, 9:30–11 am
Mother’s Day Luncheon, 12 pm
- 5/13 Special Breakfast: Breakfast Tacos, 10:30 am–12:30 pm
- 5/14 Downsize & Declutter Discussion, 3–5 pm
- 5/15 Evening Meal (*rotisserie chicken/brownie a la mode*)
w/Music by Johnny Only, 5 pm
- 5/16 Philly Cheese Steak Day w/Marian Tewksbury & Guests,
11am–12:30 pm
- 5/20 Therapy Dogs Presentation, 12:30 pm
- 5/22 BBQ Chicken Luncheon, 12 pm
- 5/24 Memorial Day Picnic (*hot dogs & hamburgers*), 12 pm

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 9:00am - 2:00pm
Lunch served at 12:30 pm

Weekly Activities (call for info):
T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am
T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

- Tuesdays: Bingo, 1 pm: 5/7 Nickel; 5/14 Bag; 5/21 Quarter; 5/28 Nutrition Craft Making, 10 am
Thursdays: Chair Exercises, 11–11:30 am
- 5/7 May Floral Basket Making, 10:30 am
 - 5/9 Mother’s Day Celebration, 12 pm
Downsize and Declutter Discussion, 1 pm
 - 5/14 Senior Scams Presentation
w/Delaware County Office for Aging, 11:30 am
Southern Tier Food Bank at the Fire Station, 11:30 am
 - 5/14,21,28 Linus Blanket Making (*call for information*), 10 am
 - 5/16 Evening Dining & 42nd Anniversary (*sausage or chicken/ brownie a la mode*) w/Orange Blossom Special, 4:30 pm
 - 5/21 Blood Pressures w/Sandy, 11:30 am

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00am - 2:30pm
Lunch served at Noon
Breakfast: Tues, 8 - 9:30 am
Golden Griddle Brunch: Thurs, 10:30 am – 12:00 pm
Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm
Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Computers, Coffee Hour, Cards, Billiards
M: Wii Practice/Play 9-11 am, Shuffleboard 10 am
W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am
Th: Acrylic Painting 9 - 11 am
F: Shuffleboard 9:15 am

Special Activities

- Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)
Wednesdays: Mission Meltaway, 12:30–1:30 pm (*please register*)
Thursdays: Golden Griddle Special: *Tuna or Chicken Salad Cold Plate & Soup*
- 5/6 Basic Estate Planning w/Levene, Gouldin & Thompson LLP, 12:15 pm
 - 5/10 Annual Plant Sale, 10:30 am
Mother’s Day Luncheon w/Desserts to Pass, 12 pm
 - 5/16 Evening Dining (sausage or chicken/brownie a la mode)
w/Bingo for Prizes, 4 pm
 - 5/18 Sat., Susquehanna Trail Historical Tour, 1–5 pm
(call for information)
 - 5/20 Horse Racing Game, 10 am
 - 5/22 BBQ Chicken Luncheon w/Country Music by Doc Weismore, 12 pm
 - 5/29 Legal Aid (appointment needed), 9 am–12 pm
Baked Potato Bar, 11:30 am–12:30 pm
 - 5/30 Evening Dining (chicken Marengo/black forest pudding)
w/Country & Oldies Music by Ed Travis, 4 pm


FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm
Lunch served at 11:45 am call 729-6214
Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4
Daily: Billiards
M: Bingo 12:30 pm; Texas Hold'em 12:45 pm
T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30
W: Ceramics 9:00 am; Chorus 9:30 am
Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm
F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

- Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30–9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)
Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 10:30am
Thursdays: Mission Meltaway (*please sign-up*), 1–2 pm
- 5/1 Social Club, 1 pm
 - 5/2 Executive Board Meeting, 9:30 am
 - 5/4 Sat., Rummage Sale, 9 am-2 pm
 - 5/8 Legal Aid (*by appointment only/please call for information*)
Evening Dining (*halupki or kielbasa/black forest pudding*)
w/Rich Wilson, 5 pm
 - 5/9,10 AARP Smart Driver Course (*please reserve*), 9 am–12 pm
 - 5/10 Mother’s Day Luncheon w/Music by Wayne Beddoe, 11:45 am
 - 5/13 Breakfast for Lunch Special: Pancakes w/Blueberry Compote,
10:30 am–12:30 pm
 - 5/16 Philly Cheese Steak Day w/Orange Blossom Special, 11:45 am
 - 5/22 BBQ Chicken Luncheon, 11:45 am
Spring Chorus Concert, 6 pm
 - 5/31 First Ward Prom w/Music by Blue Velvet, 6-9 pm



Senior Center Closing

All Broome County senior centers will be closed on Monday, May 27 in observance of Memorial Day.

JOHNSON CITY..... 797-3145
30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm
Lunch served at 11:45 call 797-1149
Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:
Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Watercolor Painting 9 am; Knit/Crochet 11:30am;
Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;
Writers’ Workshop 1 pm; Mahjong 1 pm
Th: Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;
Meditation 3 pm
F: Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm

Special Activities:
5/3 Rummage Sale, 9 am–4 pm
5/4 Sat., Rummage Sale, 8:30 am–1 pm
5/8 Office for Aging Satellite Office Day (please sign up), 12:30–2:30 pm
5/9 Binghamton University Nursing Students Visit, 9:30 am
5/10 Mother’s Day Luncheon w/Entertainment, 11:45 am
5/13 Chop & Chat (please reserve), 10:30 am
5/14 SNAP Nutrition Class w/Cornell Coop. Extension, 11:30 am
5/15 Blood Pressure & Glucose Checks, 10:30 am–12 pm
Book Club, 3 pm
5/16 Legal Aid (by appointment only/please call for information), 9 am
5/20 Chop & Chat (please reserve), 11 am
5/21 Healthy Food Tips w/Chef Weaver, 1:30 pm
Red Hat Society Meeting, 3:30 pm
5/22 Haircuts by Debbie Roberts (please reserve), 10–11:30 am
5/22 BBQ Chicken Luncheon, 11:45 am
5/22,29 AARP Smart Driver Course (please reserve), 5–8 pm

NORTHERN BROOME 692-3405
12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon
Sandwich & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm
Breakfast for Lunch: Thurs 10-12:30 pm
Pub Burger: Fri 11:30 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4
M: Tai Chi 9:15 am; Pinochle 10 am; Horse Racing (1st/3rd) 10:30 am;
Bingo 10:30 am; Adult Coloring Class 12-2pm
T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class
10 am-3 pm; Bridge Card Group 12 pm
W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm,
Sunrise Yoga 12:30 pm; Knitting 1 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure
Testing (1st/3rd) 11 am
F: Tai Chi 9:15 am; Bingo, 10:30 am; Crafts w/Denise, 10:30 am

Special Activities:
5/1 May Day Basket Making
w/Binghamton University Nursing Students, 10 am
5/7,8 Binghamton University Nursing Students Visit, 9 am
5/10 Mother’s Day Luncheon, 12 pm
5/13,14 AARP Smart Driver Course (*please register*), 10 am–1:30 pm
5/14 Evening Dining (*rotisserie chicken/brownie a la mode*)
w/Pianist Rick Pedro, 4:30 pm
5/17 Spring Fling Day w/Ice Cream Stand (*call for information*), 10 am
5/20 Wheel of Fortune Game, 12:15 pm
5/22 BBQ Chicken Luncheon, 12 pm
5/28 Evening Dining (*chicken Marengo/black forest pudding*)
w/Bingo, 4:30 pm

NORTH SHORE..... 772-6214
24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:
Daily: Coffee 8-11 am, Games and Cards
M: Bingo 10-11:30 am
T: Wii Bowling 10-11:30 am
W: Dice & Cards Games 10-11:30 am
Th: Dice & Card Games 10-11:30 am
F: Wii Bowling 10-11:30 am

Special Activities:
Wednesdays: Binghamton University Technology Students Visit, 10:30 am
Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy
on 10th Floor, 9–11 am

5/1 Craft Making, 10:15 am
5/2 Gardening, 10:15 am
Breakfast for Lunch: Omelets, Home Fries, Sausage & Fruit, 11
am–12:30 pm
5/6 Cinco de Mayo Snacks, 10:30 am
5/7 Mother’s Day Craft Making, 10:15 am
5/9 Board Games, 10:15 am
5/10 Complimentary Hair Appointments Available
(*call for information*), 10:15 am
Mother’s Day Luncheon, 12 pm
5/13 Ceramics, 10:15 am
5/16 Lunch Special: Chicken Salad Cold Plate, 11 am–12:30 pm
5/22 Broome County Carousels Presentation w/Bill Tomic, 11–11:45 am
BBQ Chicken Luncheon, 12 pm
5/23 Gardening Time, 10:15 am
5/30 Ceramics, 10:15 am

VESTAL 754-9596
Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY
Center Hours: Mon - Fri, 9:00am - 2:00pm
Lunch served at 11:45am
Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am;
Bridge Group 9:30 am; Computer Instruction 10 am;
Chair Exercises 10:30; Oil Painting 1-3 pm
Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;
Bridge Group 12:30 pm
F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:
5/1,8 Binghamton University Nursing Students Visit, 9:30 am
5/2,16 Bingo, 10:15 am
5/6 King High Card Game, 12 pm
5/6,21 Chop & Chat (*please reserve*), 10:30 am
5/10 Mother’s Day Luncheon, 11:45 am
5/13 Mexican Monday Taco Salad Lunch Special, 11:15am–12 pm
5/16 Philly Cheese Steak Day, 11:30 am–12 pm
Evening Dining & Volunteer Appreciation (*sausage or chicken/*
brownie a la mode) w/Music by Wayne Beddoe, 5–7 pm
5/17 Pizza or Chef Salad w/Bunko, 11:30 am
5/20 Breakfast for Lunch: French Toast & Scrambled Eggs, 11:30 am–12 pm
5/21 LCR Dice Game, 12 pm
5/22 “Let’s Visit Mannheim, Germany” Presentation w/Bruce Ressner, 10 am
BBQ Chicken Luncheon, 11:45 am
5/23-24 AARP Smart Driver Course (*please reserve*), 10 am–1:45 pm
5/24 Vestal Senior Club Trip Sign-Up Day: Cape May, 9:30 am



MEET, GREET & EAT

May Menu - Bon Appétit!




At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Need to Reduce Sugar and Calorie Intake?
We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.

		Braised Mexican Pork 1 OR Italian Chicken Mexican Rice Peas Lemon Pudding w/Topping	4 Cheese Baked Penne 2 Casserole Broccoli Zucchini Orange Cranberry Bar	Beef Burgundy OR 3 Spinach Parmesan Pollack Summer Squash & Carrots Buttered Noodles Pineapple & Mand. Oranges
Cheese Lasagna Bake 6 Zucchini Banana Sugar Cookie	Cranberry Dijon 7 Chicken Mashed Sweet Potatoes Brussels Sprouts Cinnamon Apple Slices	Herb Crusted Pork Loin 8 OR Citrus Herbed Pollack Couscous Pilaf Peas w/Sautéed Mushrooms Fruited Gelatin w/Topping	Hot Dog OR 9 Chicken Spiedies on Roll Baked Beans Red Potato Salad Black Forest Pudding	Mother's Day Luncheon 10 Salmon Patty w/Dill OR Basil Chicken Brown Rice, Capri Veggies Banana Cake w/Icing
Macaroni & Cheese 13 Stewed Tomatoes Sliced Carrots Chocolate Chip Cookie	Honey Ginger Chicken 14 Dijon Roasted Potatoes Asian Slaw Pineapple Upside Down Cake	Sliced Turkey w/Gravy 15 OR Liver w/Onions Mashed Potatoes w/Gravy Corn Fruit Cocktail	Beef Stroganoff 16 Buttered Noodles Garden Salad Vanilla Pudding w/Mandarin Oranges	Meatloaf w/Gravy OR 17 Spinach Parmesan Pollack Baked Potato w/Sour Cream Summer Squash & Carrots Raspberry Brownie Delight
Ham Steak w/Honey 20 Mustard Sauce Au Gratin Potatoes Peas Oatmeal Raisin Cookie	Egg Salad Sandwich 21 OR Breaded Fish Sandwich w/Lettuce & Tomato Sausage Florentine Soup Cottage Cheese w/Chives Sliced Peaches	BBQ Chicken Luncheon 22 Rotisserie Chicken Baked Beans Red Potato Salad Strawberry Shortcake	Pierogies w/Kielbasa 23 & Onions Sliced Carrots Ice Cream Cup	Broiled Fish w/Lemon 24 OR Sliced Roast Beef Macaroni & Cheese Green Beans Fresh Whole Apple
Centers are Closed 27 In Observance of Memorial Day	Sweet & Sour Pork 28 Over Brown Rice Pilaf Corn Broccoli Oatmeal Raisin Cookie	Chicken Salad 29 Croissant Baked Beans Macaroni Salad Peach Cobbler	Beef Stew over Biscuit 30 Cauliflower w/Parsley Warm Spiced Peaches Applesauce Bar	Italian Chicken 31 OR Parmesan Crusted Broiled Fish Seasoned Quinoa, Beet Salad, Strawberry Gelatin

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging

Broome County Office for Aging
County Office Building
60 Hawley Street
PO Box 1766
Binghamton, NY 13902



Mother's


— DAY CELEBRATION —

Celebrate all mothers and special mentors on **Friday, May 10th** at participating Broome County Senior Centers. Enjoy a delicious lunch **served around 12 noon**, including your choice of salmon patty with dill sauce or basil chicken breast, delicious sides, and banana cake for dessert.

What a wonderful opportunity to honor those who strive to make a difference in our community and our lives, whether it's our mothers, sisters or friends. Treat someone who has made a positive impact on you, or just gather your friends together for a nice day out!

Lunch is a suggested contribution of \$3.50 for those age 60+ and their spouse of any age, and a charge of \$4.50 for those under age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

See the back pages of this issue for participating senior centers. Call the center of your choice to make your meal reservations by 12 noon the day prior.



Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

Senior News Editorial Policy

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